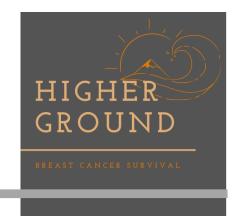
MASTER CLASS **HANDOUT**



THE GUT MICROBIOME/MICROBIOTA

PART I - CONTENT HIGHLIGHTS REVIEW and TAKE HOME MESSAGES

- Microbiome and microbiota often used interchangeably; are two different things.
- Microbiota: The diverse population of microorganisms, mainly bacteria, that occupy the intestinal tract (mostly the large intestine.)
- Microbiome: The entire genome (genetic material of an organism) of the hosts gut microbiota
- Host: Entity that houses microbiome/microbiota, interacts with microbes and responds to them in a way that results in damage, benefit, or indifference.
- Within the gut microbiota, there are 1000's of different bacteria species.
- The **breast microbiome** is distinct from that of other body sites and contains a diverse and unique community of bacteria.
- Association between microbiota and breast cancer is complex, and the mechanisms underlying many clinical observations are not completely understood.
- Git microbiota helps produce vitamins, metabolize dietary compounds, protects against pathogens.
- **Dietary choices** impact health through alteration of the gastrointestinal ecosystem.
- The **optimal diet** of an individual may need to be tailored to their gut microbiota.
- **Several possible mechanisms** proposed as a way to understand **microbial influence**.

NOTES:		 	